

# acton senior citizen news

A BULLETIN FROM THE ACTON COUNCIL ON AGING

January/February 2007

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am -5pm. Telephone number is 978-264-9643.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at [www.town.acton.ma.us](http://www.town.acton.ma.us), Click on Departments then on Senior Center.



Happy New Year!

Happy Valentine's Day!



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## Winter Weather Policy

*If the Acton Schools are closed:*

- All Senior Center classes, programs and the Minuteman meal site will be **closed**.
- The Council on Aging office will remain open.
- Listen for school cancellation information on WBZ (Channel 4), WCVB (Channel 5) and WHDH (Channel 7) or radio stations WEEI and WBZ.

*If the Acton Schools are delayed:*

- ALL classes beginning before 10:00am will be cancelled.
- Please call the office for classes beginning 10:00 or later to see if they will be held.

*The COA van:*

- Will run, if road conditions allow, although there may be delays.

Please call the COA with questions about classes and van rides if in doubt.

## Everything You Should Know About Real Estate Taxes, Abatements and Exemptions

**Wednesday, February 7<sup>th</sup>, 1:00-2:00**

Representatives from the Town of Acton Assessors and Finance departments will be at the Senior Center to discuss taxation, exemptions and abatements that are available to the taxpayers of Acton. This annual presentation includes information you should know about, so please plan to join us!

## ► Sleep Well Program

**Thursday, January 25<sup>th</sup>, 12:30-2:00**

What is normal sleep? Do you have good sleep hygiene? What are the common sleep disorders, who is at risk and how are they treated? What are the latest developments in sleep medicine? Please sign up and join Pam Hurlburt, RRT, RPSGT, with 20 years of experience in sleep medicine and manager of the Emerson Hospital Sleep Lab for a presentation about changes in our sleep as we age.

**All Classes and Programs are held at the Senior Center unless otherwise noted.**

The Senior Center and COA Office will be closed Monday January 1<sup>st</sup> for New Years Day, January 15<sup>th</sup> for Martin Luther King's Birthday and February 19<sup>th</sup> for Washington's Birthday.

**Registration for NEW Classes and Programs begins Monday, January 8<sup>th</sup> at 12:00 noon.**  
**You may stop in or call to register.**

## TRIPS/OUTINGS

### **The Rhode Island Spring Flower Show**

•**Thursday, February 22<sup>nd</sup>** Snow date: *Friday, February 23<sup>rd</sup>* (***Be sure to hold both dates***)

It's time for our dose of spring! We will travel to the Rhode Island Flower Show in Providence and the option to step over to the Providence Place Mall for a little shopping! Plans have been made to enter the Flower Show at 11:00 a.m., lunch will be on your own as you would like to have it...either in the Show or in the Mall. At any point you may walk next door to this very large, multi level mall with an end time and departure of 2:00 p.m.

**COST: \$26.00** includes bus, Flower Show ticket, and gratuity

**DEPART: 9:15**, Nagog Woods Office Park – end of drive (approx. 2 miles) parking lot on right.

### **Boston Symphony Orchestra - 2006/2007 Season of Open Rehearsals**

Join us for the BSO Open Rehearsal sessions and be a part of Maestro Levine's third year as BSO Music Director. We arrive at Symphony Hall in time for the lecture and then have a coffee break before the rehearsal begins. You may bring a bag lunch to leave on the bus and enjoy on the ride home.

•**Thursday, March 15<sup>th</sup>**: James Levine, conductor; Stephanie Blythe, mezzo-soprano; Women of the Tanglewood Festival Chorus; John Oliver, conductor; American Boychoir, Fernando Malvar Ruiz, music director. Mahler Symphony No. 3.

**COST: \$27.00** includes bus, ticket and gratuity

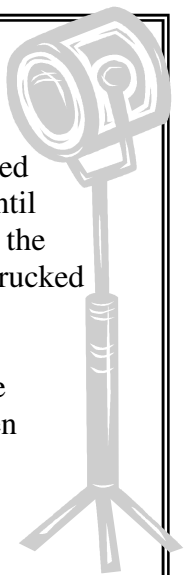
**DEPART: 8:00**, Nagog Woods Office Park – end of drive at cul de sac

### **COUNCIL ON AGING TRIP POLICIES:**

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check. Some trips fill up very quickly.
2. Payment is required two weeks prior to the trip, unless otherwise noted. If payment is not received in time, your name will be removed from the sign-up and a wait-listed person will be contacted. We will return your check if you can't go, and if your place can be filled. If signing up for multiple trips please make separate checks for each.
3. Checks should be made out to: The FRIENDS of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton.
4. Parking for trips is now at the end of Nagog Woods Office Park Road (except for December 14<sup>th</sup> – Edaville trip). Enter from Rte. 2A/119 at Bickford's Restaurant and follow the road to the end. See the parking lot on the right.
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

### **Volunteer Spotlight**

**Dawn Edwards** has been our quilting leader since before the Senior Center opened and lead the making of our lovely wall quilt. Dawn was born in Toronto and moved to the USA with her parents when she was two. Her father's work took them all over the US and Canada, so much that she attended 18 different schools before graduating Acton High School in 1943. They lived on the Holden farm until they moved next door where they maintained a working farm with horses, pigs and chickens. During the 40's Dawn was a sergeant in the Women's Motor Corp (same training as National Guardsmen) and trucked supplies from Boston to Ayer and back. Her love of sewing came for her tailor grandfather who also developed in her the love of cooking and good food. She learned to quilt literally at the feet of her Canadian aunt under the quilt rack. Summers as they stitched and the needle poked down through the quilt she would poke it back up through! Dawn hopes to pass along her many skills to her two children and three grandchildren. Dawn greatly misses her husband Howard who recently passed. They were married 60 years and made many happy memories together. Dawn's talents, her smile, sense of humor and wonderful joie de vivre are all gifts! Thank you for volunteering for us!



## CLASSES/GROUPS/PROGRAMS

**NEW FOR JANUARY/FEBRUARY.....SIGN UPS BEGIN JANUARY 8<sup>th</sup> at 12:00 NOON!**

### **Computer Club**

*Tuesday, January 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup>, February 13<sup>th</sup> and 27<sup>th</sup>, 10:00-11:30*

*Wednesday, January 24<sup>th</sup>, February 7<sup>th</sup> and 21<sup>st</sup>, 1:30-3:00 (No club on January 10<sup>th</sup>)*

Please join us in the computer lab for a lively round table discussion as well as hands-on experience about anything computer related. The Computer Club will be facilitated by a volunteer and will cover any variety of topics each week. The club is open to all computer users from the novice to the experienced. Come as often as you'd like.

### **► Organize Your Computer Files**

*Thursday, January 4<sup>th</sup>, 10:00-11:30 (Calling before January 8<sup>th</sup> is allowed.)*

Learn to adjust your desktop to suit you best, organize your folders, create shortcuts to programs, rename, move and delete folders. This is a basic course for those needing help with their desktop, document storage and retrieval.

### **► Bridge Class - Instructor Electra Coumou**

*Mondays, January 8<sup>th</sup> through February 12<sup>th</sup>, 10:00-12:00 (Calling before January 8<sup>th</sup> is allowed.)*

This session will approach the bridge game at an "intermediate" level to meet the majority of the needs of the group. As usual, the first hour will be a lesson and then 2<sup>nd</sup> hour free play. All experienced players are welcome, this is not a beginner's class.

### **► Watercolor with Sue Nordhausen**

*Tuesday, January 9<sup>th</sup> through January 30<sup>th</sup>, February 27<sup>th</sup> through March 20<sup>th</sup>, 1:30-3:00*

Encouragement geared to students of all levels on both class and individual projects. Areas covered will include composition, color qualities and light and dark values. Materials list available in the COA office.

### **► Watercolor and Drawing with Cynthia Durost**

*Wednesdays, January 10<sup>th</sup> through March 14<sup>th</sup>, 9:00-10:30*

This class will work through watercolor with some drawing techniques emphasized.

### **► Working with Word**

*Friday, January 12<sup>th</sup>, or Friday, January 19<sup>th</sup>, 10-11:30*

Want to know more about word processing. Spend some time learning numerous features of Word to enhance your writing. Learn to change fonts, styles, borders, add pictures and graphics among other things.

### **► How to Use Your New Digital Camera**

*Tuesday, January 16<sup>th</sup> or Friday, January 26<sup>th</sup>, 12:30-2:00*

Did you just get a camera for the holidays or has one been in your drawer unused? This class will focus on some important features of your camera to get you started taking quality photos. Please bring your camera (with battery charged) and the instruction book to class. Couples may sign up together. Limit to 5 each class.

### **\*New\* Camera Clique**

*Thursday, January 18<sup>th</sup>, February 1<sup>st</sup> and 15<sup>th</sup>, 1:30-3:00*

Join this new group to discuss all things digital camera related. From the beginner with a new camera to those with more experience we will talk about different camera features, how to take better photos and what to do with them once you've taken them. Come with your problems, ideas or questions.

### **► Beginner's One-Stroke Decorative Painting with Donna Lynch**

*Mondays, January 22<sup>nd</sup> through February 26<sup>th</sup>, 10:15-11:00*

*No class on Monday, January 15<sup>th</sup> and Monday, February 19<sup>th</sup>*

You will create beautiful, simple paintings using shading methods through one stroke of the paintbrush! All paints, varnishes and paper are provided by the instructor. Paint brushes are available to use or you may purchase your own at any local craft store.

**► Indicates that you must sign up in advance!**

**NEW FOR JANUARY/FEBRUARY(continued).....SIGN UPS BEGIN JANUARY 8<sup>th</sup> at 12:00 NOON!**

► **Advanced One-Stroke & Glass Painting** (Pre-requisite is Beginner's One-Stroke Painting)

*Mondays, January 22<sup>nd</sup> through February 26<sup>th</sup>, 9:30-11:00*

*No class on Monday, January 15<sup>th</sup> and Monday, February 19<sup>th</sup>*

This class will continue with an overview of what we have learned, including the art of glass painting using special glass paints and conditioners. We will work on individual projects and gifts from slates and note cards to wine glasses and decanters. Please bring your brushes to the first class. All paints, glass conditioners and polyurethanes will be provided by the instructor.

► **Excel Spreadsheets**

*Monday, February 12<sup>th</sup> or 26<sup>th</sup>, 10:00-11:30*

Learn how to manipulate cells formats, create a simple spreadsheet and make basic formulas. Then go into more depth on how to use it to make budgets, keep track of finances, etc.

► **Understanding the Internet**

*Friday, February 9<sup>th</sup> or 23<sup>rd</sup>, 10:00-11:30*

Would you like to start using the Internet or start using it more efficiently? You will be introduced to the basic features of the Internet, using search engines, marking favorite sites as well as other time saving and useful tools.

► **Indicates that you must sign up in advance!**

**SENIOR CINEMA**

*Thursday's at 12:30*

- *Thursday, January 4<sup>th</sup>*, **"Madea's Family Reunion"** - Madea has her work cut out for her when she finds herself dealing with a handful of family crises the same weekend that she'd planned for her massive family reunion. PG-13 2006
- *Thursday, January 11<sup>th</sup>*, **"Take the Lead"** - A teacher and his students, in one of the roughest Bronx neighborhoods, open up new worlds for one another in this urban dance drama; inspired by a true story. PG-13 2006
- *Thursday, January 18<sup>th</sup>*, **"The Da Vinci Code"** - Dan Brown's controversial best selling novel about a powerful secret that's been kept under wraps for thousands of years. PG-13 2006
- *Thursday, February 1<sup>st</sup>*, **"Groundhog Day"** - Weatherman Bill Murray's day that keeps repeating itself. 1993
- *Thursday, February 8<sup>th</sup>*, **"Annapolis"** - A poor but ambitious young man strives to make good in one of the most competitive institutions on Earth in this military drama. PG-13 2006
- *Thursday, February 15<sup>th</sup>*, **"A Walk in the Clouds"** - Salesman Keanu Reeves poses as an heiress' new husband. Romance. 1995
- *Thursday, February 22<sup>nd</sup>*, **"The Family Stone"** - A woman meets her future-in-laws and discovers they don't much care for her in this comedy. PG-13 2005

**Hi! My Name is Ron Paskavitz.** I am the van driver for the Acton Council on Aging. It is hard to believe that I am the senior member (both in age and length of service) of the staff at the COA. At the beginning of February I'll be completing 20 great years of service to the senior and disabled community of Acton.

It has always been a goal of mine to serve people in a helpful way. Over these last wonderful 20 years I've tried to have a nice greeting for my passengers, talk to them in a friendly way, hopefully to bring some humor and many times to just listen and offer advice or help.

Of course, all of this has been possible because of the great, wonderful, caring people I work with. From my years with Carol Lake, Barbara Winders and all the great social directors to the present staff of Jean, Judy, Carol, Debby and Edie it has been a fun, rewarding job. I hope to be able to keep working a while longer, the good Lord willing.

Thank you all for being who you are!

Ron

## ONGOING CLASSES/GROUPS/PROGRAMS

**ONGOING ACTIVITIES.....SIGN UP IF NECESSARY!**

### **Drop-in One Stroke Painting**

*Monday, January 8<sup>th</sup>, 9:30 -11:00*

### **Drop-in Mah Jonng and Mexican Train**

*Tuesdays in January and February, 12:30-2:30*

### **Drop-In Watercolor**

*Wednesday, January 3<sup>rd</sup>, 9:00-10:30*

### **Acton Senior Quilters**

*Wednesdays, 10:00-12:00*

Self-directed group meets to work on various group and individual projects. Quilters of all levels are welcome.

### **Knit/Crochet/Punch Needle Embroidery**

*Wednesdays, 12:30-2:00 (No session on Wednesday, January 17<sup>th</sup> and February 7<sup>th</sup>)*

This great group of gals enjoys knitting, crocheting and now Punch Needle Embroidery.

### **Genealogy Group**

*Fridays, January 12<sup>th</sup>, 26<sup>th</sup> and February 9<sup>th</sup>, 23<sup>rd</sup>, 1:30-3:00*

This congenial group meets on a “drop-in” basis and is always anxious to learn and to share. If you are interested in your ancestry please join this group in the Senior Center living room; newcomers are always welcome!

### **Pool/Ping Pong/Poker**

*Daily, 12:30 for pool/ping pong and Fridays, 1:00 for poker*

New players always welcome! Check the calendar in office for conflicts with programming for the dining room.

#### **► SHINE (Serving the Health Information Needs of Elders)**

*Mondays, 1:00-3:00*

MaryJane Costello will help you navigate the confusing world of health insurance. Please call the COA office to schedule an appointment. SHINE is managed and funded by the MA Exec. Office of Elder Affairs.

#### **► Men’s and Ladies Breakfast!**

*Friday, January 19<sup>th</sup> and February 16<sup>th</sup>, 9:00*

Welcome to the New Year and another Men’s and Ladies Breakfast! Join us for a generous, warm breakfast with some good friendship on the side! Call the COA by Wednesday prior for a reservation. Cost is \$2.00.

#### **“The Bookies”**

*Monday, January 22<sup>nd</sup>, 1:00 (The February date and book will be determined at the January meeting; please call the COA office for more information.)*

The book of the month is French Women Don't Get Fat: The Secret of Eating for Pleasure by Mireille Guiliano.

#### **► Ask the Lawyer**

*Tuesday, January 9<sup>th</sup>, 1:00-3:00*

Attorney Leslie Madge, a certified Elder Law Attorney, offers 20 free minute private legal consultations.

**► Indicates that you must sign up in advance!**

### **Going Away for the Winter??**

Please give us a call so we can temporarily take you off our mailing list while you are away. Let us know when you return so that we may put you back on our mailing list. While you’re away visit us at [www.acton-ma.gov](http://www.acton-ma.gov).

### **Are You OK Program??**

Would you be reassured if you received a call everyday at the same time? Maybe the “Are You Okay?” program is for you. This telephone reassurance program is being offered to any Acton resident who would benefit from a daily scheduled contact for a “well-being” check. To enroll in this free service call Carol Steiner at the COA.

## STAYING FIT..... SIGN UP NOW!

### ► "Stretch and Flex" with Terri Zaborowski

*Mondays, January 22<sup>nd</sup> through March 26<sup>th</sup>, 8:30-9:30*

Start with a gentle warm-up and then progress to easy resistance training using Thera-bands or free-weights (both provided by the Center). This class is designed for all fitness levels. Exercise has been proven to help increase strength, bone density, endurance and metabolism while lowering blood pressure and cholesterol. If that's not enough incentive to join, this class is fun and all participants enjoy the added benefits of friendship and sociability!

### ► "Senior Cardio-Flex" with Terri Zaborowski

*Tuesdays and Thursdays, 8:30-9:30 or Wednesdays and Fridays, 8:30-9:30*

*Week of January 8<sup>th</sup> through the week of March 26<sup>th</sup>*

Warm-up and stretch aerobics and muscle conditioning, then a cool-down segment.

### ► "Beginner to Intermediate Stretch and Tone" with Terri Zaborowski

*Tuesdays and Thursdays, 9:45-10:45*

*Week of January 8<sup>th</sup> through the week of March 26<sup>th</sup>*

This class is the same as the above class but at a lower-impact level.



► Indicates that you must sign up in advance!

## Email Scams

The Social Security Administration has alerted us to a scam asking citizens to update their information including their social security number. Please remember that you should NEVER give your personal information; banking, credit card, SSN over the phone or via the Internet unless you are extremely confident of the source to whom you are providing the information.

**The Friends of the Council on Aging manage an Emergency Fuel Assistance Fund.  
Contact Jean Fleming at the COA for information.**

## Citizen's Energy

Citizen's Energy can help with a delivery of half price heating oil. Call 1-877-563-4645 (1-877-JOE-4-OIL).

### South Middlesex Opportunity Council (SMOC)

#### Low Income Home Energy Assistance Fuel

**Assistance** - Need help paying your heating bill? New applications for 2006/07 fuel assistance are being taken through April 30<sup>th</sup>. If your yearly gross household is at or below the amounts listed, you may qualify for some fuel assistance as well as discounts on utility and telephone bills. Call Carol Steiner at the COA 978-264-9643 for more information. FYI: The Friends of the Council on Aging manage an Emergency Fuel Assistance Fund. Contact Jean Fleming at the COA for information.

Household size	Maximum gross income
1	\$ 19,600
2	\$ 26,400
3	\$ 33,200
4	\$ 40,000

(Call for income guidelines for larger families)

### Good Neighbor Energy Assistance

**Program** – Winter energy assistance from Salvation Army is available for people with income within the guidelines below. Regular applications start Jan.1, 2007. Call Jean Fleming or Carol Steiner at the COA for more information and income guidelines for larger families.

Household size	Maximum gross income
1	19,600 - 26,950
2	26,400 - 36,300
3	33,200 - 45,650

(Call for income guidelines for larger families)

**Elderberries Broadcast** Please tune into the Acton Senior Magazine broadcast three times a day Monday through Friday on Comcast Channel 8 at 8am, 12 noon and 6pm.



## **AARP Free Tax Preparation**

The American Association for Retired Persons (AARP) will be sponsoring a free tax preparation service for low and moderate income taxpayers, from February through mid-April at the Senior Center as well as the Acton Memorial Library. Please call the COA at 978-264-9643 to schedule Senior Center appointments. Call 978-264-9642 for Library appointments. Trained preparers will answer questions or provide assistance in preparing most tax returns. E-filing is available to ensure prompt receipt of your tax refund. This service will not include preparing business returns, returns for those who own rental property, giving investment advice, or complex Schedule D calculations. Please bring a copy of last year's Federal and State tax returns as well as all tax forms mailed to you for 2006, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, brokerage statements or other documents which might be related to the income tax return. New this year for Massachusetts and Federal – tax credits are available for home improvements such as new windows, doors or insulation. If you are applying for the Circuit Breaker Tax Credit (MA), you should bring a copy of your 2005 Real Estate tax bills or a copy of your rental contract, plus 2005 sewer and water bills. Also, please bring your Mass. Form #1 booklet.

## **Circuit Breaker State Tax Credit**

We encourage all seniors to be sure to check the figures and be sure to apply for the Circuit Breaker Tax Credit if you are eligible. **YOU NEED TO FILE FOR THIS CREDIT WITH THE STATE INCOME TAX RETURN, EVEN IF YOU DON'T PAY STATE TAXES.** AARP tax consultants will be available, by appointment, at the Senior Center, from February through the first week in April, if you need assistance applying for this credit. The maximum credit is \$870. You may also be able to claim up to three years credit retroactively. To be eligible, you must be 65 or older and own or rent your primary residence in MA. Maximum assessed value of your home, before exemptions but after abatements, has been raised this year to \$684,000. The income limits have been raised to \$46,000 for a single person and \$70,000 for couples. This state program is designed to assist seniors with their real estate taxes. If you don't receive the Circuit Breaker form in the mail with your state tax packet, forms (in Form 1 booklet) are available at the library or call the COA. **BE SURE TO APPLY IF YOU ARE ELIGIBLE!**

## **Telephone Tax Refund**

A one-time refund is available to all persons who paid for any long-distance telephone service for the period after Feb 28, 2003 and before Aug 1, 2006. The amount of the refund is based on the size of your household (number of personal exemptions). The standard refund is \$30 for one person, \$60 for a two-person household, \$50 for a three-person household, and \$60 if there are four or more persons. This comes about because of a recent court ruling that such taxes were improperly collected. For those who file a Federal tax return, the refund can be claimed by filling out a special line on the standard 1040 tax form. **THIS REFUND IS AVAILABLE EVEN IF YOU DON'T TYPICALLY FILE A FEDERAL TAX RETURN.** For people who do not otherwise have to file a federal tax return, there is a new simple form (1040EZ-T) that can be used to get this refund. Copies of this form will be available at the COA office.

## **SENIOR VAN SCHEDULES**

The Acton COA van is available Monday through Friday to all Acton seniors (age 60 and over) and disabled younger Acton residents. Reservations should be made weekdays 8:00-12:00 by calling 978-264-9643. Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to call at least one day in advance, sooner if possible. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

The Road Runner Van is also available to Acton senior citizens Tuesday, Wednesday and Thursday, 9:00–3:30. Call 1-800-589-5782, at least 24 hours in advance. Fares are the same as the COA van.



## What Does the New Equal Choice Law Really Mean?

The new Equal Choice Law, Chapter 211, says that care in the least restrictive (or most integrated) setting is the goal for every adult in the state of Massachusetts. The state will now have a comprehensive nursing home pre-admission screening program, which means that consumers of all incomes will have the chance to meet with a community care advisor who can outline what services are available in the community. How the \$2.2 billion dollar budget for long term care in Massachusetts will be spent will now be discussed within a different context. The details are still being worked out; we will do our best to keep you apprised of area programs and resources related to this as information comes to us.

### COA Volunteer Opportunities

- Handymen/Electronics Specialists
- Friendly Visitors
- Workshop Leaders
- Newsletter Mailers: once a month
- Quilters: once a week informal
- Office Support: set hours, 2 hour min., basic skills required
- Wheel-A-Meal Drivers: always looking to add both regular and substitute drivers

\* \*NEW Video Organizer - Phyllis Demers did a great job cataloging our videos but we have been recently inundated with new donations. Help us get them under control!

If you are interested these or any other volunteer jobs call Carol Steiner at the COA.

### Senior Center Art Display

Please stop by the Acton Senior Center living room in January to enjoy the third art exhibit of Acton artist Alice Brunton. Alice is displaying fiber arts in a Batik design which she created using the traditional process requiring bees wax, paraffin and strong permanent dyes. The Center is open Monday through Friday, 8-5 but please check the calendar to make sure the room is available for viewing the show.

### ► Safety Sand

“Safety Sand for Seniors” has resumed for this winter season. Refills are available throughout the winter so call the COA when you need more sand.

### COA Donations

If you have an item to donate to the COA please call before dropping anything off at the Center. While we appreciate all offers of donations we have very limited space to accept and store things. Please do not leave items at the center without first confirming that they can be used. Thank you!

### Friendly Visitors

Join us at the next meeting on Tuesday, January 9<sup>th</sup> at 1:00.

### Medical Equipment Donations

Please call the COA ahead to donate or borrow equipment. Transfer benches, shower seats and raised seats for toilets are in low supply at this time. Please be sure all donations are very clean and ready to be loaned back out.

### Minuteman Lunches

Minuteman Lunch is served Monday through Thursday at 11:45. Requested voluntary donation is \$2.00. To sign up for lunch, call 978-263-5053 by 11:00 the day before you wish to come. Call the COA at 978-264-9643 for transportation, if needed.

- **January Birthday Lunch** will be on **Wednesday, January 10<sup>th</sup>**.
- **February Birthday Lunch** will be on **Wednesday, February 14<sup>th</sup>**.

Anyone celebrating a January or February birthday is welcome to make a reservation to join us for a complimentary lunch funded by The Friends of the Acton COA.

- **Winter Special Lunch** will be on **Tuesday, January 23<sup>rd</sup>**. Please call by January 18<sup>th</sup> for a reservation.
- **Valentine Lunch** will be on **Wednesday, February 14<sup>th</sup>**. Please call by February 12<sup>th</sup> for a reservation.





### **Friendly Reminders**

With the holidays behind us, we, The Friends of the Acton Council on Aging, are hoping for a very successful fund raising year for 2006–2007 to help pay for the many new and existing classes at the Senior Center. There were about 75 of us attending the Principles of Religion Class, which ran for four sessions in October. At the request of the class, The Friends agreed to pay for the extra class offered. The instructor, a Philosophy Assistant Professor from Wheaton College and an expert on World Religions tied in the story of the myths to the evolution of the Eastern and Western Religions. The stories from the myths were fascinating and it was very interesting to see which myths were associated with which World Religions Eastern or Western.

I can hardly wait to see what is scheduled for the second half of the year. I hope you enjoy these classes as much as I do. I am one of those die hard bridge players and I also enjoy my watercolor class.

We are starting to receive contributions from our Annual Appeal letter. Remember this is our major fund raiser to pay for all of our classes and programs. Be generous if you are able and remember whatever you are able to give will be very much appreciated.

Happy healthy 2007,  
The Friends of the Acton Council on Aging

### **Important Health Insurance Information**

Starting January 1, 2006, the only Medicare Advantage plan that the medical groups of Harvard Vanguard Medical Associates and Dedham Medical Associates will accept is Tufts Health Plan Medicare Preferred HMO (formerly called Tufts Secure Horizons). If you wish to stay with these medical groups but have other insurance, please call Tufts Medicare Preferred at 1-800-246-2400 to learn more about their plan. A new insurance choice must be made by December 31<sup>st</sup> to avoid losing your Medicare Advantage plan as well as Medicare Part D drug coverage for 2007. Please remember that you can call the COA office at 978-264-9643 to schedule an appointment with the SHINE health insurance counselor, MaryJane Costello, on Monday afternoons at the Senior Center. She is glad to help you figure out your options related to this or other health insurance/ prescription drug coverage concerns.

### **FBI FRAUD ALERT**

The Acton Police Department has asked that we share this valuable information with you about scams. In light of the increasing number of fraudulent scams being circulated throughout the world on a daily basis via the internet or mail the FBI has put together this excellent check list. If you answer “YES” to any of the following questions, you could be involved in a FRAUD or about to be SCAMMED!

- Have you been informed that you were the winner of a LOTTERY, such as Canadian, Australian, El Gordo, or El Mundo, that you did not enter?
- Have you been instructed to either “WIRE”, “SEND” or “SHIP” MONEY, as soon as possible, to a large U.S. city or to another country, such as Canada, England, or Nigeria?
- Have you been asked to PAY to receive a deposit from another country such as Canada, England, or Nigeria?
- Are you receiving PAY or a COMMISSION for facilitating money transfers through your account?
- Did you respond to an email requesting you to CONFIRM, UPDATE, or PROVIDE your account information?
- Did you receive a CHECK for an item you sold on the internet, such as a car, boat, jewelry, etc?
- Is the amount of the CHECK more than the item’s selling price?
- Did you receive the CHECK via an overnight delivery service?
- Is the CHECK connected to communicating with someone by email?
- Is the CHECK drawn on a business or individual account that is different from the person buying your item?

The elderly are often the victims of these types of scams. The best defense against this type of criminal activity is an informed individual.

## SHINE...

SHINE Websites: [www.medicare.gov](http://www.medicare.gov) , [www.massmedline.com](http://www.massmedline.com) , Medicare Advocacy Project: 1-800-323-3203

## HEALTH NEWS...

### Alzheimer's Disease Services

- **Alzheimer's Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.;** 978-318-006. Provides adult day health and Alzheimer's day programs.
- **Minuteman Senior Services** provides free in-home consultations. Call 978-263-8720 for more information.

### Support Groups

- **Alzheimer's Disease Caregivers Support Group at the Inn at Robbins Brook** meets the 4<sup>th</sup> Wednesday of each month in the early evening. Please contact Joanne McCole at 978-486-3512 or Judy Ramirez at 978-692-5523 ext.104 for more information.
- **Life Care of Nashoba Valley,** 1<sup>st</sup> Wednesday of each month 5:30-7 p.m. Contact Gail Mallardo 978-486-3512
- **Caregivers support group,** 3<sup>rd</sup> Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Early stage Patient and Carepartner Support Group** for people with early stage memory problems and their care partners. 1st Tuesday of each month, early afternoon., Concord COA, Harvey Wheeler Building. Call Rebecca Tamasanis 978-369-6889 or Carol Steiner 978-264-9643.
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3<sup>rd</sup> Thursday each month 7-9 p.m. Call 978-897-2962 for information.

**New Information and Referral Service:** toll free 1-877-211-6277 (1-877-211-MASS) is a statewide collaboration of local United Ways and the Mass. Assoc. of Information and Referral Specialists (MAIRS) that recognizes a need for people to access information on health and human services programs and agencies.

### Healthcare Websites

- **Alzheimer's Association** sponsored website for people who care for a loved one with Alzheimer's disease. Enter info about your situation at [www.alz.org/carefinder](http://www.alz.org/carefinder) and get a customized report with recommendations and questions to ask care providers based on your needs. Future care giving issues can be addressed as well.
- **Office of the Attorney General,** [www.ago.state.ma.us](http://www.ago.state.ma.us), click on elders.
- **Long Term Care,** [www.masslongtermcare.org](http://www.masslongtermcare.org). For information on services in the long term care continuum, i.e. financing, area specific care locator service and guides to selecting nursing or assisted living residences.

## ACTON HANDYMAN PROGRAM

The Acton Handyman Program, offered entirely by volunteers, is designed to help Acton seniors with small repairs and simple household jobs, for example:

- Glue loose handrails, chair legs, etc.
  - Light bulb/smoke detector battery replacement
  - Assemble bookshelves, etc
  - Mattress flipping
  - Simple computer, TV, VCR, DVD connections
- Nothing on ladders, please. Call the COA to request Handyman services.



## **Veterans Benefits Information**

For information on Massachusetts benefits for eligible veterans and surviving spouses, please call Donna Rochette in the Town Human Resources Dept., 978-264-9603. She will put you in touch with the Acton Veterans Services Officer, Dore' Hunter, who will arrange a time to meet with you.

## **Veterans Homestead Mobile Medical Clinic**

*Tuesday, January 2<sup>nd</sup>, Thursday, February 1<sup>st</sup>, 12:00-3:00*

Providing hypertension, cholesterol and glucose screens for veterans in their own neighborhoods. Bring your DD-214 or VA card with you to the Acton Town Hall.

## **Senior Work Program**

The Senior Work Program employs senior citizens on a temporary basis within the departments of Acton's municipal government. Up to \$750 can be earned each fiscal year with the goal of assisting seniors with their real estate taxes. Please contact the Council on Aging or Human Resources at the Town Hall for an application.

## **AROUND TOWN...**

### **Town of Acton Election Officials Needed**

The Town Clerk and Board of Registrars for Acton are looking for registered voters who are interested in becoming Election Officials. You would work at the polls as tellers and checkers for the upcoming Annual Town Election, March 27th, 2007. These are paid positions. Positions are available from 6:30am to 9:30pm for workers in six precincts. Any hours that you can work are greatly appreciated. If you would like more information please call the Town Clerk's Office at 978-264-9615.

### **► “Once Upon a Mattress” by the Acton-Boxborough Drama Program**

*Saturday, February 10<sup>th</sup>, 3:00*

Limited number of free tickets available. Please call the COA to reserve one or two tickets for the performance.

## **Acton Memorial Library**

**Computer Skills Classes and Computer Clinics** - Stop by the reference desk or call 978-264-9641

**Homebound Book Delivery** - Offers limited service to homebound patrons. Call 978-264-9641.

## **Acton Recreation Department**

**Winterfest 2007** - Saturday, February 3<sup>rd</sup>, 4:00-8:00pm. To donate, volunteer, or sponsor an activity, or for more information please contact the Acton Recreation Department at: [recreation@acton-ma.gov](mailto:recreation@acton-ma.gov) or call 978-264-9608.

**Spring/Summer Recreation Program** - will be sent home in late February. Registrations are still being accepted for many of the current programs and trips. Contact the Recreation Dept for more information.

## **Concord Players**

Free, open dress rehearsals for upcoming shows. Call the Concord Players at 978-369-2990 for more information.

**“Lend Me a Tenor” – February 8<sup>th</sup> – Hilarious comedy**

**“She Loves Me” – April 26<sup>th</sup> – Musical comedy**

### **SURVEY UPDATE**

Our thanks again to everyone who completed and returned the survey. We are beginning to sort through the data and evaluate what it all means. Your input will be invaluable in helping us to plan not only our upcoming spring programs but future programs and activities as well.

The winners of the four gift certificates were notified recently of their good luck. They were: Felicia Hillman, Joe Ventola, Joe Mickunas and Silvia Lichtensteiger. Our thanks to Roche Brothers and Donelan's for their donation of the certificates.





## SENIOR CENTER CLINICS

*Please note that the winter snow closure policy on page one of this newsletter also applies to the clinics.*

**Hearing: Thursday, January 11<sup>th</sup> and February 8<sup>th</sup>, 1:00-3:00**

Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free. Please call to register.

**Podiatry Clinic: Tuesday, January 2<sup>nd</sup>, February 6<sup>th</sup> and March 13<sup>th</sup>, 8:15-11:00**

Offered through the Acton Public Nursing Service. The clinic provides podiatry services not covered by insurance. Dr. Sandra Weakland, DPM, provides such basic services as an evaluation and nail clipping. The \$20 fee for the clinic may be waived in case of hardship. The clinic is funded by the Friends of the Acton Nursing Service. Call 978-264-9653 for an appointment.

**Blood Pressure & Wellness Clinic: Tuesday, January 9<sup>th</sup>, 23<sup>rd</sup>, February 13<sup>th</sup>, 27<sup>th</sup>, 9:30-11:30**

The Acton Public Health Nursing Service will continue to offer a free wellness clinic at the COA but has changed the dates & times. A Registered Nurse will be available to check blood pressure, pulse, or weight, answer any medication, nutritional, exercise or health related questions on the 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month from 9:30-11:30 am. No appointment is necessary.

*Please save this Newsletter until the end of February. It is a two month issue and has programs/classes offered for both January and February.*

**All Classes and Programs are held at the Senior Center unless otherwise noted.**

### ACTON COA STAFF

Jean Fleming, Director  
Carol Steiner, Outreach/Volunteer Coord.  
Debby Mozzicato, Program Coordinator  
Judy Peters, Van Dispatcher/Admin Assist  
Ron Paskavitz, Van Driver  
Steve Ryan and Peter Colby, Sub. Van Drivers

### ACTON COA BOARD MEMBERS

Stephen Baran, Chair	Gena Manalan, Vice-Chair
Edwin Carell	Sally Thompson
Barbara Cantrill	Barbara Tallone
Anita Dodson	Paul Turner
Pat Ellis	
Bill Ely	

The Acton COA Board will meet on Tuesday, January 16<sup>th</sup> and February 20<sup>th</sup> at 4:15 at the Senior Center, 50 Audubon Dr.

### ACTON COUNCIL ON AGING

**Town Hall, 472 Main Street  
Acton MA 01720  
Return Service Requested**

### PRSR STD

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